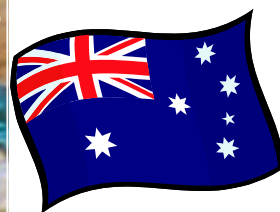




The Atoll

\$2.00

Thurs 3rd Sept 2015 – Wed 16th Sept 2015



Cocos (Keeling) Islands

The Cocos (Keeling) Islands comprises of 27 coral islands forming two atolls, situated 2768km NW of Perth and 3685km due West of Darwin, is an isolated speck in the Indian Ocean.

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Advertais

Translation Fees apply

Quarter Page <i>Suku Kertas</i>	\$10.00
Half Page <i>Setengah Kertas</i>	\$25.00
Full Page <i>Penuh Kertas</i>	\$50.00

You can subscribe to The Atoll electronically by contacting:

cocosislands@crc.net.au

Cocos Snapshots

Gambaran Cocos



Bowman family's impressive locally grown cucumber



Active After School Program action!



Seniors Group day out at WL. Enjoying morning tea at CRC Verandah



Wira gives the Active After School Program the thumbs up



Administration Building (PO Box 1039)
Cocos Keeling Islands WA 6799
P: 08 9162 7707 F: 08 9162 7708
E: cocosislands@crc.net.au
W: www.cocos@crc.net.au
Like us on Facebook
Follow us on Twitter

Rainfall Stats

August Statistics
(latest up to 31 Aug):
163.60mm

Latest 2015 Statistics:
(latest up to 19 Aug)
1238.60mm

2014: 2081.80mm
2013: 2659.40mm
2012: 1464.60mm



LATEST WEATHER

<http://www.bom.gov.au/climate/dwo/IDCJDW6027.latest.shtml>

WEST ISLAND MARKET DAY

Our next Market Day will be held on **Saturday 12th September** from 10.00am. Please contact our office to book your FREE table!

2015 PHOTO COMPETITION

Our competition is now open! Please submit your high resolution photo to our office by Wednesday 30th September. Voting will be open during the month of October - good luck!

FISH DECORATING WORKSHOP

The Cocos CRC will be hosting a fish decoration workshop on **Wednesday 30th September** as part of the Shire's school holiday programme. See our flyer in this edition of The Atoll!

NEW CRC STAFF

A big welcome to Sandie O'Neill who is joining the CRC team on Tuesday and Wednesdays - drop in to say hi!

We are also very pleased to announce that we have employed another trainee, Jannah Jason. We are looking forward to Jannah joining us in a few weeks!

Emergency Contact List

AFP	91626600
VHF	Ch20
IOTHS WI Clinic	91626655
IOTHS HI Clinic	91627609
	VHF Ch24
DFES HI	91627788
DFES WI	91627777
VMRS	0406329056
	VHF Ch20
Shire HI	91626649
Shire WI	91626740
Watercorp	91626722

Thumbs Up

- 👍 To the Cocos Yacht Club Committee for an amazing Barefoot Ball
- 👍 To Alanna for her amazing cakes and Ryan for cooking the fantastic spit at the Barefoot Ball

Proudly supported by



Government of Western Australia
Department of Regional Development

Feel free to email your thumbs up to:
communications@cocos.wa.gov.au



DECORATE YOUR OWN FISH **FREE** and open to all children **Wednesday 30th September** **8.30am - CRC Conference Room**

This workshop is part of the Cocos Islands Shire school holiday programme



WEST ISLAND MARKET DAY

Saturday 12th September

10.00am - 1.00pm

Community Resource Verandah

**To book your FREE table please contact us on 91627707 or email:
cocosislands@crc.net.au**

Please note: All food items must be prepared in an approved kitchen and be packed and stored appropriately. Please contact the Cocos Islands CRC or Shire of Cocos Keeling Islands for further information.

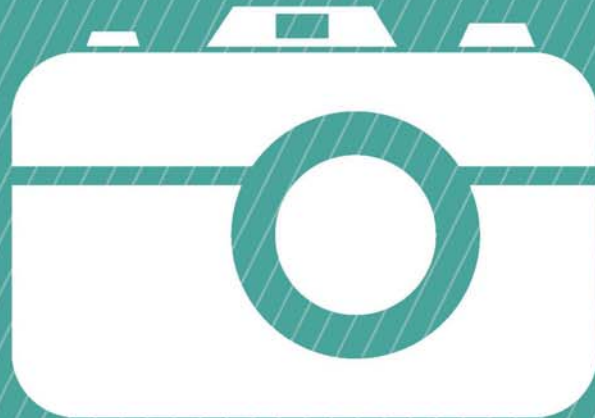


Cocos (K) Islands

Community Resource Centre

your local connection

2015 PHOTO COMPETITION



Opens Tuesday 1st September
Email or drop your high resolution
photo to the CRC office

E: cocosislands@crc.net.au

All photos submitted will be displayed in the Community Resource Centre during the month of October. Both residents and visitors are encouraged to vote for their favourite photo (one vote per person). All photos will appear in our 2016 Cocos Calendar.

Great Prizes!

Administration Building, West Island

P: 08 9162 7707 F: 08 9162 7708

E: cocosislands@crc.net.au W: www.cocos.crc.net.au



Request for Public Feedback Clam Farm Caretakers Residence

It is hereby notified for public information and comment that Council has received an application from Mr John Clunies-Ross, a West Island resident, seeking the approval of Council to develop a caretaker's residence at the Clam Farm.

The proponent has advised that the dwelling will not be used by him, instead it will be by a person that is employed part time at the Clam Farm. The Cocos (Keeling) shire town planning scheme, allows council to approve caretakers dwellings on general rural zoned land subject to advertising. Changes to the R codes has allowed for an increase from 60m2 to a maximum 70m2 habitable space. The limitation of only 1 bedroom has also been removed.

The Shire has previously required that the *"applicant for a caretakers dwelling is to give a written undertaking that the Caretaker's dwelling is not to be used for any other purpose than for the sole occupancy for the applicant, it shall not be sublet, or leased to any other person for any other use whatsoever. However, should the applicant intend being off island for an extended period of time, the dwelling may be occupied by another person providing approval is requested and given (in writing) by Council"* and seeks the community views on whether this restriction should be removed and / or altered and under what conditions.

The Shire also welcomes any other comments regarding the above application and further information in relation to this application can be obtained from the undersigned at the Shire Office on 91626649. Written comments regarding the proposal must be submitted to the Council on or before COB Friday 11th September 2015.

Aaron Bowman
Chief Executive Officer

Proposed Disposition of Property "Water Corporation Bore Fields" Part Lot 103, Home Island

In accordance with Section 3.58 (3) and (4) of the *Local Government Act 1995 (WA) (CKI)*, Council is required to give public notice of any disposition of property. This includes selling, leasing, or otherwise disposing of, whether absolutely or not.

Council resolved at its May 2015 ordinary meeting to enter into a Lease Agreement with the Water Corporation for Part Lot 103 Home Island for a period of 20 years with a 20 year option.

This portion of land has been valued at \$9,500/annum and the Lessee will be required to pay this amount as well as annual CPI increases and the assessed annual Council Rates set from year to year.

Council invites written submissions from residents regarding the proposed disposition with submissions closing on Friday, 18th of September 2015 marked confidential and addressed to the undersigned.

Joanne Soderlund
Deputy Chief Executive Officer

Proposed Disposition of Property "Cocos Farm" Lot 219, West Island

In accordance with Section 3.58 (3) and (4) of the *Local Government Act 1995 (WA) (CKI)*, Council is required to give public notice of any disposition of property. This includes selling, leasing, or otherwise disposing of, whether absolutely or not.

Council resolved at its July 2015 ordinary meeting to enter into a Lease Agreement with Cocos Tropical Foods for Lot 219 West Island for a period of 5 years with a 5 year option.

This portion of land has been valued at \$2,000/annum and the Lessee will be required to pay this amount as well as annual CPI increases and the assessed annual Council Rates set from year to year.

Council invites written submissions from residents regarding the proposed disposition with submissions closing on Friday, 18th of September 2015 marked confidential and addressed to the undersigned.

Joanne Soderlund
Deputy Chief Executive Officer

Quote of the Day

"Life's problems wouldn't be called 'hurdles' if there wasn't a way to get over them." ~ Author Unknown

Thought for the Day

"When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself." ~ Jack Hayes

Jokes of the Week

Tell The Truth

A lady is having a bad day at the tables in Vegas. Down to her last \$100, completely exasperated, she cries, "What rotten luck! What in the world should I do now?"

A gent next to her, trying to calm her down a bit, calmly suggests, "I don't know... Why don't you play your age?"

He walks away. Moments later, his he is intrigued to hear a great commotion at the roulette table. Maybe, she won!

Rushing back to the table and pushing his way through the crowd, he is stunned to see the lady lying limp on the floor, with the table operator kneeling over her.

He asks, "What happened? Is she all right?"

The operator replies, "I don't know, buddy.... She put all her money on 29. When 36 came up she fainted!"

On Second Thought...

A young lady stops by her grandmother's house on the way to a dance. She wants to introduce her boy friend to her grandmother. As they are chatting, her boy friend spies some peanuts on the coffee table. He begins munching on them as they converse.

After about an hour, they are getting ready to leave and he thanks the grandmother for her hospitality and especially for the peanuts.

"Oh, your welcome young man," she says. "I appreciate you finishing them up. Ever since I lost my dentures I can only suck the chocolate off of them."

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)



AFP
AUSTRALIAN FEDERAL POLICE

Cocos (Keeling) Islands

INTERESTED IN BECOMING A JUSTICE OF THE PEACE (JP)?

Expressions of interest are sought from local community members to apply to become Justices of the Peace (JPs) to support the judicial processes on Cocos (Keeling) Islands. We are currently seeking to fill four positions.

The role of the JP is voluntary and one which greatly assists the community and judicial system by providing a wide range of services, including presiding in Court and certifying and witnessing important legal documents.

Ideally, the position would suit long term residents of Cocos (Keeling) Islands. Applicants would be subject to a rigorous background check. There is no costs associated with applying and ongoing training is provided. Further information is available at the following link:

http://www.courts.dotag.wa.gov.au/B/become_a_jp.aspx?uid=1803-8087-2368-1969

Applications will be collected, managed and collated by the AFP on Cocos (Keeling) Islands and may be downloaded at:

http://www.courts.dotag.wa.gov.au/B/become_a_jp.aspx?uid=1803-8087-2368-1969

Submitted on behalf of Court and Tribunal Services, Department of the Attorney General, Perth.



AFP
AUSTRALIAN FEDERAL POLICE

Cocos (Keeling) Islands

SEATBELTS AND KIDS ON COCOS ISLANDS

Police would like to take the opportunity to reinforce the message regarding the use of seatbelts and child restraints in motor vehicles driven in the Cocos Keeling Islands. Whenever children are passengers in any vehicle they should be seated in the most appropriate child restraint for their age and size.

From birth up to the age of 6 months to be restrained in a rearward facing approved child car restraint (e.g. infant capsule). Must not travel in the front seat of a vehicle that has a back row or rows of seats.

- **From 6 months up to 4 years** to be restrained in either a rearward or forward facing approved child car restraint with in-built harness. Must not travel in the front seat of a vehicle that has a back row or rows of seats.
- **From 4 years up to 7 years** to be restrained in either a forward facing approved child car restraint or approved booster seat restrained by a correctly adjusted and fastened seat belt or child safety harness. May travel in the front seat only if all the other back seats are occupied by children who are also under 7 years of age.
- **Over the age of 7 years** can be restrained in an adult seat belt or in an approved booster seat.

All adults must wear seatbelts at all times when travelling in a motor vehicle.

You cannot share a seatbelt with another passenger. It is extremely dangerous to carry a child on a passengers lap with a seatbelt around both.

More information may be found at <http://www.kidsafewa.com.au/childcarrestraints.html>

SEATBELTS DAN ANAK-ANAK DI PULU COCOS

Police ingin mengambil kesempatan untuk memperkuat pesan yang terkait dengan penggunaan seatbelts dan safety-safety untuk anak-anak di dalam masa kereta berjalan di perbatasan Pulu Cocos. Apabila ada anak-anak di kereta mereka harus duduk di dalam kursi anak-anak yang paling sesuai mengikut umur dan size.

- **sejak lahir sehingga 6 bulan** harus di pertahankan mengadap kebelakang mengikut tempat duduk anak-anak yang di has kan. Tidak boleh di letak di kursi depan.
- **dari 6 bulan hingga 4 tahun** harus di pertahankan mengadap ke belakang atau mengadap ke mungka mengikut tempat duduk anak-anak yang di has kan bertahan dengan seterap safety. Tidak boleh di letak di kursi depan.
- **dari 4 tahun ke 7 tahun** harus di pertahankan mengadap ke belakang atau mengadap ke mungka mengikut tempat duduk anak-anak yang di has kan bertahan dengan seatbelt atau seterap booster yang di has kan yang boleh di buat main. Mungkin boleh perjalanan di kursi depan kalok semua tempat duduk di belakang semua di gunakan oleh anak-anak yang di bawah 7 tahun.
- **Umur 7 tahun keatas** boleh di pertahankan dengan seatbealt dewasa atau di booster yang di haskan.

Orang dewasa harus menggunakan seatbealt setiap kali naik kereta.

Anda tidak boleh gunakan/bagi seatbelt sama passenger yang lain. Ini terlalu bahaya kalok bawa anak-anak di pangkuan dan gunakan seatbelt untuk dua orang.

Keterangan selanjutnya boleh didapati di <http://www.kidsafewa.com.au/childcarrestraints.html>

Did You Know???

Every year about 98% of atoms in your body are replaced.

Cocos (Keeling) Islands News (cont'd)

Berita Pulu Cocos (Keeling) (seterusnya)



<http://www.freecycle.org/>

WAIT - DON'T THROW IT OUT!

If you no longer love your stuff, set it FREE!!

Cocos (Keeling) Islands Freecycle™ lets people "recycle" things no longer used, but too good to throw out.

The goal is to find a good home for things otherwise headed for the landfill.

<https://groups.freecycle.org/group/CocosKeelingIslandsCC>

Cocos Malay Words

Long - *Panjang*
Short - *Pendek*
Wide - *Lebar*
Narrow - *Tipis*
Tall - *Tinggi*
Short (height) - *Katek*
Fat - *Gemuk*
Skinny - *Kurus*
Average - *Biasa*

Community Garden Project

Plans are in progress to start a Community Garden on West Island in the area behind the houses on William Keeling Crescent, behind the houses on Airforce Road on the school grounds. The aim is to start small, in an easily accessible location and if the initial project is successful, hopefully progress from there.



The project will be carried out with help and advice from the Murdoch University guys currently carrying out research at the Q Station and both the school and the Shire will have representatives on the committee.

If you are interested in becoming involved in the project in the planning stages or if you would simply like to know more about the project please contact me at House 18 or on 08 9162 6579 or by email at cocosbirds@hotmail.com

Looking forward to hearing from you, Pam Jones.

www.ezgowa.com.au

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CUSHMAN
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HEAVY DUTY UTILITY VEHICLES

BAD-BOY
BUGGIES

OFF-ROAD 2WD AND 4WD

The Cocos Conundrum

From Lionel C. Allen

Very few of the present and past residents and tourists to Cocos would be unaware of the 9th of November 1914 WW2 saga of the battle between Germany's SMS *Emden* and the newly fledged Australian light cruiser HMAS *Sydney*. However as an enthusiast of Cocos history and where I thought I had seen most photographs of that event, in fact all, just recently doing a casual searches of web sites another batch turned up making me ponder just who was the photographer. Possibly a great many were taken by the late Cosmo Clunies Ross who on the 10th of November 1914 was invited to head to North Keeling to assist the navigation of HMAS *Sydney* because of his familiarity with the general coastline of that tiny atoll.

One thing leads to another though and whilst most of the facets of the battle are well known and have received extensive coverage in books and subsequent ceremonies as the newly fledged Australian Navy's first ever naval victory what is lesser known and has received virtually no publicity is the darker side of the victory. That is whilst the *living* German crew members were evacuated on the 10th of November virtually all of the 134 deceased German crew members remained aboard the stricken *Emden* and Britain's SMS *Cadmus* was assigned the task of disposing of the dead.

Firstly though the *Cadmus* had to sail from Hong Kong and arriving at North Keeling Island a few days later an unimaginable scene of horror greeted that vessels crew as the *Emden*'s lifeless had been exposed for several days in the Cocos tropical weather. By then there was simply no way by then for the deceased crew to be respectfully removed and interred on North Keeling leaving the only option to slide the remains overboard with many being devoured by sharks.

The question perhaps remains why this mission was not carried out by one of the 3 escort vessels accompanying the fleet to the Middle East and the simple answer is the risk was simply too great as their prime task was to ensure the safety of the 38 merchant vessels transporting almost 30,000 troops of whom early the following year, formed part of the disastrous Gallipoli campaign.

Just imagine if the *Emden* had even the faintest indication that fleet was so close to Cocos the potential loss of life on these could have evolved into one of the greatest tragedies ever recorded in war time history. By the 9th November 1914 the *Emden* had been involved in 31 encounters and as such a number that had never before, or since, been exceeded by a single vessel in naval history although tonnage has certainly been greatly exceeded. Moreover by that time the German crew were highly skilled whilst many of convoys' merchant ships were old, unarmed and extremely limited in speed and manoeuvrability. Strung out in line, as they were, if the *Emden* had slipped into that line any retaliatory action by the escorts would have had the danger of hitting one of the merchant ships they were escorting.

A century has now passed since that event and in the week around the 9th November 2014, a mix of descendants and friends of the *Emden* Family in Germany plus other people from other locations, many from Australia, joined together in centennial services on Cocos. The 10th of November was devoted to a trip to North Keeling Island when a number of wreaths were dropped overboard just beyond the last resting place of the *Emden*.

Preparation for these services actually commenced early in 2011 initiated by the Cocos Keeling Islands Historical Society seeking funds to invite as guests members to these services. This was unsuccessful with the reply that huge numbers of other groups were also seeking similar aid to attend a range of functions such as the Gallipoli landing. So although disappointing this was of course quite understandable.

The fruition though, and deserving special mention, was the wonderful input from the students and staff of the West Island School with of course huge participation from a mix of official and non official sources and numbers of Cocos residents.

Pictured left are constructions of wire replicas of HMAS *Sydney* & SMS *Emden*, enlarged poppies, with services in the school area providing a superb setting. The lead up to the week of services involved dozens of people on Cocos for which each every participant can be justifiably proud.





Government of Western Australia
Department of Fisheries

Fish for the future

Department of Fisheries update: Coral Trout under review, Kim on-island

Following recent field research, the Western Australian Department of Fisheries is aware of the recovery of populations of coral trout (*Plectropomus areolatus*) at Cocos (Keeling) Islands (CKI). In finfish surveys carried out from 2001 – 2010, coral trout were recorded in very low numbers, but in surveys carried out by the Department in 2014 and 2015, large numbers of coral trout were found across a diverse range of habitats. Feedback from local community members supports this research and large individual coral trout have been observed being caught by local fishers.

The recovery of coral trout at CKI raised some questions for scientists from the Department of Fisheries, including why did the coral trout return? and where did they come from? To start to investigate the latter, samples of coral trout tissue were collected and are in the process of being analysed as part of a wider study. Initial results reveal that the coral trout population at CKI is closely related to the Maldives population and they are genetically distinct from the Western Australian and Pacific Ocean populations.

Recreational fishing rules will be introduced to CKI in early 2016. Under the proposed legislation, coral trout will be a protected species and may not be taken. Due to their recent reappearance, however, the Department is considering introducing a conservative bag limit for coral trout at CKI. A bag limit is the amount of fish (coral trout in this case) that each person can catch per day. Although coral trout have returned to CKI and are abundant at the moment they are susceptible to over-fishing, and this species will need to be treated carefully to ensure that they remain at CKI into the future.

Community Education Officer for the IOTs, Kim Boothman, will be on-island from 5th-12th September. She will have a stall at the market day on September 12th to be held at the Community Resource Centre and invites the community to come and grab a copy of the recreational fishing guide for Cocos (Keeling) Islands. Kim will also continue the schools-based education program with students from Cocos (Keeling) District High School during her trip.

Any enquiries regarding the recreational fishing rules can be directed to Pia Dobson on Pia.Dobson@fish.wa.gov.au or (08) 9193 8600.

Berita Department of Fisheries: Gelek Burik dalam pemeriksaan, Kim berada dipulu

Selepas pemeriksaan, Western Australian Department of Fisheries mengetahui tentang jumlah pembaruan gelek burik (Plectropomus areolatus) di Pulu Cocos (Keeling). Dalam survey ikan dijalankan dari 2001 – 2010, gelek burik didaftarkan dalam jumlah yang sangat sedikit dalam berbagai tempat tinggal. Pandangan daripada memba-memba dari masyarakat menyokongkan penyelidikan ini dan gelek burik yang besar-besar telah dilihat terdapat daripada pemancing kita dipulu.

Pembaruan gelek burik di CKI menimbulkan soalan untuk scientist-scientist dari Department of Fisheries, termasuk kenapa gelek burik ini kembali? dan darimana mereka datang? Untuk bermula menyelidik soalan yang akhir ini, sampel-sampel daripada gelek burik dikumpulkan dan dalam proses untuk di menganalisa dalam sebahagian pengkajian yang luas. Hasil awal-awal ini menunjukkan yang jumlah gelek burik di CKI rapat persaudaraannya dengan jumlah yang berada di Maldives dan mereka berlainan secara genetic daripada jumlah yang berada di Australia Barat dan Lautan Pacific.

Undang-undang pemancingan rekreasi akan mula diperkenalkan di CKI pada awal 2016. Menurut undang-undang dicadangkan, gelek burik akan menjadi jenis yang terjaga dan tidak boleh diambil. Tetapi oleh kerana kemunculan kembali, Department sedang pertimbangkan untuk meletakkan 'bag limit' jumlah gelek burik yang boleh diambil di CKI. 'Bag limit' adalah jumlah ikan (dalam kes ini gelek burik) yang setiap orang boleh ambil sehari. Walaupun gelek burik telah kembali ke CKI dan sedang banyak dimasa sekarang, mereka juga boleh keterlaluan diambil, dan jenis ini akan perlu dijaga dengan baik untuk memastikan mereka senantiasa berada di CKI hingga kemasa hadapan.

Opis Pendidikan Masyarakat untuk IOT, Kim Boothman, akan berada dipulu dari 5th-12th September. Dia akan mengadakan stall di market day pada September 12th yang akan diadakan di Community Resource Centre dan menjemput masyarakat untuk datang dan mengambil salinan buku pemancingan rekreasi untuk Pulu Cocos (Keeling). Kim juga akan menerusi program pendidikan dalam sekolah dengan murid-murid dari Cocos (Keeling) District High School dimasa pelawatannya.

Segala pertanyaan berkenaan undang-undang pemancingan rekreasi boleh dikemukakan kepada Pia Dobson di Pia.Dobson@fish.wa.gov.au atau (08) 9193 8600.



Australian Government

Department of Infrastructure and Regional Development



Number:	SC 18/2015	Date:	20 August 2015
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Temporary Employment Register Invitation to submit Expressions of Interest (EOI)

The Indian Ocean Territories Administration (IOTA) invites residents interested in casual relief or temporary employment to submit an expression of interest (EOI) for our Temporary Employment Register.

The register enables IOTA to access individuals to fill temporary (non-ongoing) employment opportunities on Christmas Island and Cocos (Keeling) Islands at short notice. Positions may be full-time, part-time or casual. Casual positions are intermittent with hours and working days varying with business requirements. Candidates may be contacted to assess their suitability and availability as vacancies arise.

Employment opportunities may become available in the following service areas throughout the year:

- Christmas Island District High School
- IOT Corporate Services
- IOT Operations Services
- IOT Power Services
- IOT Health Services

Employment positions may include: Administrative, Cleaning, Gardening, Maintenance, Handyperson, Education Assistant, Mechanical and Electrical. Pay rates will be in accordance with Indian Ocean Territories (Administration) Enterprise Agreement 2011.

To register your interest in placement on the Temporary Employment Register, please complete a current Resume outlining your work history, relevant qualifications and referee details.

An electronic copy can be emailed to iothrteam@infrastructure.gov.au or hardcopy in person to the IOT Human Resources Team at Administration (Upstairs).

Resumes will remain on file for six months and residents are encouraged to lodge a new application as their employment and personal details change, or at the expiry of the six month registration period.

For any enquiries please contact the IOT Human Resources Team on 08 9164 7901.

Please Note:

- **Placement on the Temporary Employment Register does not guarantee an offer of employment**
- **You must have a legal right to work in Australia or hold an Australian Citizenship**

Top 5 Household Chemicals to Avoid



1. Chlorine bleach is commonly used to treat drinking water, sanitize swimming pools and to whiten laundry, and is a strong eye, skin, and respiratory irritant. Mixing chlorine bleach with other cleaners like ammonia can release dangerous chlorine gas. Exposure to chlorine gas can cause coughing, shortness of breath, chest pain, nausea, or other symptoms.

2. Ammonia is often included in glass cleaners and other hard-surface cleaners, and can be irritating to the skin, eyes, throat, and lungs. Ammonia can burn your skin, and can damage your eyes (including blindness) upon contact.

3. Triclosan and Triclocarban are commonly added to household cleaning products such as hand soap and dish soap as well as a broad range of other products from toothpaste to socks. These chemicals are persistent in the environment, and are linked to hormone imbalance, and potential increased risk of breast cancer.

4. Ammonium quaternary compounds ("quats") are found in household cleaning products like disinfectant sprays and toilet cleaners, and some have been identified as a known inducer of occupational asthma. Certain quats have also been linked to decreased fertility and birth defects in mice.

5. Nano-silver can be incorporated into textiles, plastics, soaps, packaging, and other materials, giving each the natural antibacterial property of silver metal. Nano-silver particles can penetrate deep into your body and have been shown to be toxic to the liver and brain.

More tips in next edition...

SCROUNGERS RESULTS:

Date: 2/7/15

Winning Team: Ash, Leah, Jeff, Kylie, Fran, Liz, Adrian

NAGA's: Jason, Dave, Sue, Aaron, Don, Gary, Sean, Julie, Bill

LD: Ryan NTP: Ryan

Implement: Andrew, Dave

Date: 9/7/15

Winning Team: Megs, Levi, Greg, Mark, Jeff, Ash

NAGA's: Judy, Mark, Barry, Alan, Lynnie

LD: Mark NTP: Digger

Implement: Barry, Adrian

Date: 16/7/15

Winning Team: Colin, Kylie, Emma, Russ, Raphe, Andrea

NAGA's: Matt, Shane, Liz, Jen, Tavis

LD: Ray NTP: Des

Implement: Matt R, Emma, Jen, Colin

Date: 23/7/15 (38 players!!)

Winning Team: Jason, Greg, Jen, Tavis, Johnno, Katie, Ernie, Clint, Michelle

NAGA's: Kylie, Gerry, Max, Andrew, Colin, Hayley, Jodie, Shane

LD: Terry NTP: -

Implement: Johnno, Sarah

Date: 30/7/15

Winning Team: Digger, Hugo, Steph, Mike, Baz, Leah

NAGA's: Ernie, Tavis, Mitch, Kel, Aaron

LD: Levi NTP: Jason

Implement: Kel, Digger

PINK SCROUNGERS

Thanks to everyone who came along and supported our Pink Scroungers last week.

We raised \$693.80 for the Cancer Council!

**Healthy Living Tips****Tips on Maintaining a Healthy Body**

You need to make sure you look after your body these days. Health and fitness are such an essential part of life. You've got to come up with ways to maintain health and fitness and develop an awesome body.

Eat Well

Healthy eating is a vital part of remaining fit and healthy. You need to make sure you have a balanced diet covering all the food groups. Eat plenty of fruit and vegetables, and avoid the junk food. Eating well will help you to stay in shape as well as giving your body valuable nutrients.

Work Out

Of course, when it comes to health and fitness you need to work out regularly. This means taking the time to get a gym regime going. Alternatively you could take up running or swimming. Ideally you need to have a combination of everything if you want a body to die for. Make sure you have discipline and commitment. It might be quite difficult to keep motivated to work out all the time. But you need to be disciplined. Think about the end results, and use those as incentives.

Get Plenty of Rest

You might not think it, but getting rest is imperative for health and fitness. You see, your body needs to rest and rejuvenate in order to heal and improve. So you have to make sure you get plenty of rest each night. Aim for six to eight hours of uninterrupted sleep each time. This will leave you feeling refreshed, rejuvenated and full of energy. It will allow your body and metabolism to work better. You'll also find your brain functions are greatly improved too.

Makeover

Another step you could take would be to get yourself a makeover and is a fantastic way of making yourself look and feel awesome. You need to take pride in your looks and your body, and a makeover is a fine way to do this. Try changing your hair, wearing different makeup and getting your nails done. You should also choose a new wardrobe, one that complements your new body.

It's vital these days to look after your body and mind. People place a lot of emphasis these days on looking good and staying healthy. And it's important that you join in with this as much as you can. Take steps to become more fit and healthy and develop an awesome body.

More tips in next edition...



AFTER SCHOOL FUN

What a productive and fun month it's been for both Islands throughout August!

Upon receiving many community and parents request to have after school activities running, we were delighted to offer on going activities for the kids. I was very pleased to see so many kids turn up to the activities - well done for the continuous participation. A big thank you the Cocos Island District High School for generously allowing the Shire to borrow their sporting equipments, the schools support has been tremendous.

During the month of August the kids enjoyed a variety of activities including Mixed Tee-Ball, Volleyball, Mini Golf, Mixed Soccer, Rugby and Drama Class with Mixed Tee Ball being the most popular activity attended. A massive thank you to Jo and Rik Soderland, Tony Lacy, Mak & Pak Nabiya, Kamilah, Pak Ella, Zahlan and Zabidi for generously donating their time after work to help out in the activities, we appreciate it a lot.

Parents, can I ask for your support and encourage your children to participate in our future programs. Please see me about any activity ideas or suggestion you might have that I can include in the after school program. We are always in search for volunteers with passion to share their sporting skills with the kids, please feel free to contact myself at the Shire Office on 91626649 for more information.

I look forward to the upcoming September activities.

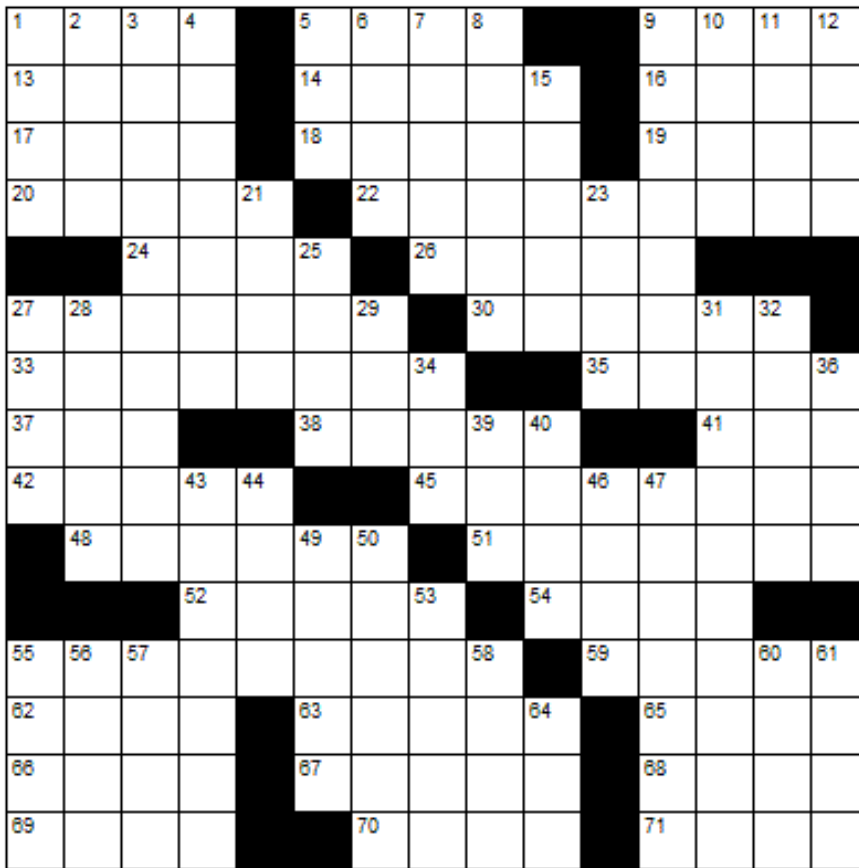
Thankyou,
Zulaikha Jadah



Courtesy of Nek Kimberley



Crossword



ACROSS

1. F F F F
5. Shade trees
9. Misprint
13. Kaolin
14. Prosperous periods
16. Not sweet
17. German for "Mister"
18. Dye with wax
19. Desire
20. Fertile area in a desert
22. Malodorousness
24. Ancient Peruvian
26. Latin name for our planet
27. Luggage
30. Flower part
33. Something transitory
35. Drunkards
37. Make lace
38. A dish of tomatoes and greens
41. African antelope
42. Construct
45. Killer
48. Canny
51. Fundamental or central idea
52. Birch relative
54. Mousses
55. Egotistical
59. Impudent
62. Out of control
63. Bay window
65. Anger
66. Plunge
67. Virile
68. Chew
69. Celebrity
70. Expunge
71. Hens make them

DOWN

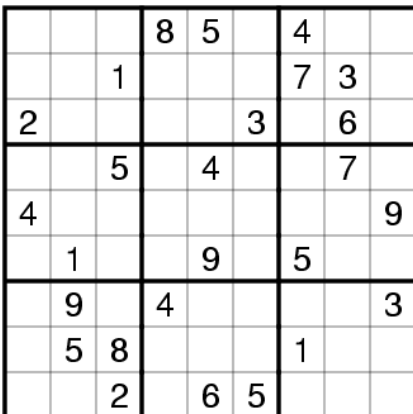
1. Reflected sound
2. Parasitic insect
3. Presbyopic
4. Hypodermic
5. Diminish
6. Unit of bread
7. Sacred song
8. Hits
9. Killer wave
10. Bygone era
11. Dogs of a dwarf breed
12. Mining finds
15. Circumvent
21. Fraud
23. Sketch
25. How old we are
27. Mend (archaic)
28. 3-banded armadillo
29. Historic period
31. Fascinating
32. A nine-piece musical group
34. A high alpine meadow
36. Certain
39. Arctic bird
40. Remnant
43. A thin crisp wafer
44. Lacquered metalware
46. Colors
47. Make larger
49. Manner of speaking
50. Foursome
53. French for "Queen"
55. Scoundrels
56. Leave out
57. Exploded star
58. A small wooded hollow
60. Smelting waste
61. Evergreens
64. Alkaline liquid

Sudoku Station

How do I do it?

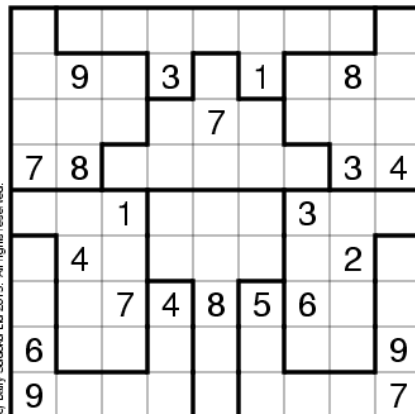
The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and group of squares enclosed by the bold lines must contain the digits 1 through 9 exactly once.

The rules for different size and shape puzzles are pretty much identical. The different size puzzles simply require a different set of numbers.



Daily SuDoku: Mon 24-Aug-2015

very hard



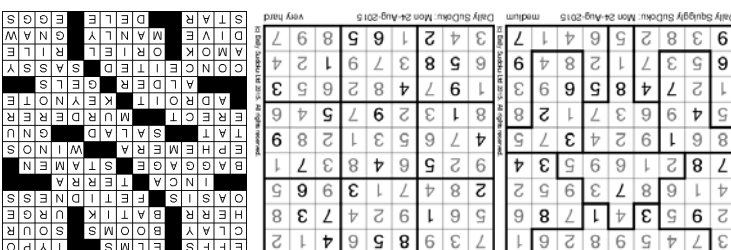
Daily Squiggly SuDoku: Mon 24-Aug-2015

medium

Brain teaser Central!

Connect all stars using just four lines in a continuous flow which means you cant lift your hand and that every next line must begin where the first one ended.

How will you do it?



Crossword Solutions

Sudoku Solutions

Printed: Thursday 28th May 2015



Brain teaser Answer

Page 13

You can understand what we did by looking at it.



Cocos Barefoot Ball 2015

*Do you have a Cocos Moment you would like to share?
Email your favourite photo to cocosislands@crc-net.au or drop into the Community Resource Centre.*

Birthdays & Anniversaries

*Wish to send love ones special messages on their birthdays and anniversaries?
Drop in at the Cocos Islands Community Resource Centre or email communications@cocos.wa.gov.au*



Cocos (K) Islands

Community Resource Centre

Your local connection

Upcoming 2015 Community Events

Event Name	Event Date	Event Host
Breastscreen Visit	5—12/09/2015	Indian Ocean Territories Health Service
West Island Market Day	12/09/2015	Cocos Islands Community Resource Centre
Night Golf (members only)	12/09/2015	Cocos Islands Golf Club
Shire Council Meeting	23/09/2015	Shire of Cocos Islands
Hari Raya Haji	24/09/2015	Public Holiday
West Fest	26/09/2015	Cocos Club
Scroungers - Footy Colours	01/10/2015	Cocos Islands Golf Club
AFL Grand Final	03/10/2015	Cocos Club
Corporate Golf Day	07/10/2015	Cocos Islands Golf Club
Cocos Olympics	09 - 17/10/2015	Cocos Club
Islamic New Year	14/10/2015	Public Holiday
Toga Party	17/10/2015	Cocos Club
Shire Council Meeting	21/10/2015	Shire of Cocos Islands
Shire Council Meeting (Special Meeting)	28/10/2015	Shire of Cocos Islands
International Beer Festival	30/10/2015	Cocos Club
Melbourne Cup Calcutta	2/11/2015	Cocos Club
Melbourne Cup	3/11/2015	Cocos Club
Lagoon Swim Brief - Food Night	13/11/2015	Cocos Islands Golf Club / CKITA
2015 Cocos Keeling Islands Lagoon Swim	14/11/2015	CKITA
Shire Council Meeting	25/11/2015	Shire of Cocos Islands
Kids Xmas/ Carol/ Farewell	13/12/2015	Cocos Club
Shire Council Meeting	16/12/2015	Shire of Cocos Islands
Hari Maulaud Nabi	24/12/2015	Public Holiday
Christmas Day	25/12/2015	Public Holiday
New Years Eve Party	31/12/2015	Cocos Club

The above events with further details are all advertised on the Cocos Islands CRC website. If you have a community event you would like to advertise, please contact our office with your details. This is a FREE service for our Community.

Phone: 9162 7707 Email: cocosislands@crc.net.au Website: www.cocos.crc.net.au



The next edition of The Atoll will be produced on:
Edisi The Atoll selanjutnya akan dikeluarkan pada:

All items/materials must be received by:
Semua majalah mesti diterima sebelum:

Thursday 17th Sept 2015

1:00pm Tuesday 15th Sept 2015

Cocos Snapshots 2...

Gambaran Cocos 2...



Beautiful ladies of the ball



Impressive display of craftsmanship displayed at the recent Barefoot Ball



Have Your Say



Letters to the Editor will either be accepted or rejected by the Editor. Items need to be:

- Accurate and/or factual
- Not defamatory or inflammatory
- Identified by author

Please take into consideration our format when preparing your items/materials to make the most of the spaces available.

The Atoll publication staffs reserves the right to edit the formatting of articles submitted for publication.

Materials should preferably be electronically forwarded to: cocosislands@crc.net.au

To ensure a timely distribution of the newsletter, we request that all items/materials be forwarded before 1pm, 2 days prior to its distribution date.

Disclaimer

The views expressed in articles in this newsletter are not necessarily the views of the editors or other volunteers who work to produce The Atoll.

The editor has the right to withhold, edit or abbreviate items as considered necessary.

No responsibility is accepted for any statement of opinion, any error or omissions.